

# SUSTAINABILITY AND YOUTH WORK SAY W!

Youth Exchange  
8-15 February 2020  
ALPIGNANO (italy)  
Arrival 7 evening  
Departure 16 morning

## Partners:

**ARCUM - Portugal**

**ESTYES - Estonia**

**Jaunatne Smaidam - Latvia**

**Green Spirit - Greece**

**Altrochè - Italy**





# OBJECTIVES & PROGRAM

Learning for sustainability is a process involving the cognitive, affective and psychomotor dimensions. This means that we need to involve participants in a transformative process as individuals, by engaging each of these three elements. We can think of this as involving Head (thinking), Heart (feeling) and Hands (doing).

Uniting these three domains helps young people acquire the knowledge, skills and attitudes that are needed to build a more sustainable, peaceful and just world. Among the impacts of the project we want to create a sort of handbook that can be used and replicated in all international exchange experiences.

Topics we want to address:

- environmental sustainability: what is it?
- what we can do: responsible behavior and choices in everyday life
- one more step: changing habits outside of us (how to spread and raise awareness)
- knowledge of the concepts of environmental sustainability; of active citizenship and participation democratic;
- the structure and core values of the Erasmus + program;
- aptitude for active engagement in civil society; opening up to new ways; attitude empathetic and predisposition to active listening.

# PARTICIPANTS' PROFILE

- The Youth Exchange will gather youngs 18-25 years old;
- active in their local organisations/communities;
- able to work in English;
- able to multiply the effect of the project in the local communities.



Number of participants for each organizations: 4 participants + 1 youth leader.

All participants will be asked to complete an Application Form.



## COSTS

Hosting costs will be entirely covered - Travel costs will be reimbursed, submitting all original tickets and receipts, up to the maximum amount of 275 euro.

The costs will be reimbursed within 1 month from the end of the Exchange.

# VENUE

The Youth Exchange will take place in Cascina Govean, our center for environmental education, located in Alpignano, a small town next to Turin, easily reachable by public transport.

## HOW TO REACH ALPIGNANO

FROM MILANO MALPENSA: Bus Sadem → Porta Susa Station → Metro → Porta Nuova Station

FROM BG ORIO AL SERIO: Bus Sadem → Porta Susa Station → Metro → Porta Nuova Station  
OR Orio Shuttle to Milano Centrale → train to Torino Porta Nuova

FROM TORINO CASELLE: Bus Sadem → Porta Nuova Station

FROM TORINO PORTA NUOVA : Train to Alpignano station.

## WHAT TO BRING

Comfortable clothes to stay out and walk in the woods, materials and information about the capacity and dissemination of sustainable practices in one's own country, particularly related to youth mobility. Original travel receipts.

# METHODOLOGY

"Learning by doing": the approach will not only be cognitive but it will be above all indicative, since through "acting", cognitive, operational and relational skills are developed;

in this way young people become builders of their knowledge and aware of their behavior. In this view, participation and listening become fundamental elements. The participation enhances and makes use of the hundred languages of human beings, understood as a plurality of points of view and of cultures, requires and favors forms of cultural mediation and is articulated in a multiplicity of opportunities and initiatives to build dialogue and a sense of belonging to a community.

## NFE

The methodological framework will be Non Formal Education, with an inductive-deductive approach aimed to discovery and knowledge. The participants will be guided to search, understand and construct. The foreseen activities will be workshops, inspections, excursions, field observations, pictures, interviews, hand works, drama activities, games: vehicles to interest and motivate.





THANK YOU!

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